



## ❖ Letter Meem M ?

**The Arabic Letter Meem (M) is an abstract depiction of the famed winged disk of Egypt, Sumer, Babylon and many other parts of the ancient world.**

**Thou art the great god who didst  
stretch out the heavens, who makest  
thy Disk to revolve in the body of  
Nut, and to enter therein in thy  
name of Ra.**

**-- Hymn to Ptah  
1200 B.C.**

**The disk symbolized the Sun and was called the Aton. But the Sun itself symbolized the spiritual energy that enlivened all things.**

**The Disk represents the Microcosmic Orbit. It circulates through the main channels in the body, from the roof of the mouth down the front of the body to the perineum and from there to the coccyx, up the spine, to the crown of the head, down to the forehead (3rd eye) and back to the mouth's roof.**

**This circular flow of energy (prana, chi, kundalini) was so important that all of the religions of the world depict it in symbol, ritual and myth.**

**Microcosmic Orbit  
Symbol Spiritual Tradition**

**Church (circle) Christianity  
Circumambulation of Ka'aba Islam  
Boat of Ra Egyptian**

**Mandala Several religions  
Whirling Dervish Sufi  
Circular Ghost Dance Lakota Sioux**

**In the above Hymn to Ptah the disk is said to revolve. That refers to the movement of Chi through the Microcosmic Orbit..**

**The "great god Ra" who enters the disk refers to kundalini force (Ra) entering the Microcosmic Orbit.**

**Just as blood moves through vessels, chi energy also does and so the ancient Egyptians symbolized the Microcosmic Orbit as the Boat of Ra (or Horus of Osiris) flowing in a circle in the heavens.**

**A hymn to Ra [which is to be sung] on the day  
of the month [the new moon]  
[when] the Boat of Ra saileth.**

**Homage to thee, O thou who  
dwestest in thy Boat [i.e., kundalini  
in the Microcosmic Orbit]. Thou rollest on,  
thou rollest on, thou sendest forth light.  
Thou decreest rejoicing for man for  
millions of years [i.e. mastery of the  
Microcosmic Orbit prolongs life] unto  
those who love him.**

**-- Pert em Hru, chapter 134**

**Because the Microcosmic Orbit extends longevity, it is also called the Boat of Millions of Years.**

**The Disk is winged to indicate that it is connected Wing Chi Gong or yogic pranayama (air/wings) and that mastery of the Microcosmic Orbit allows the practitioner's energy body (ka) to "fly" to the heavenly realms to eat of the celestial food (i.e., absorb stellar chi).**

**The Egyptians said Ra rode in the Matett boat in the morning and the Sektet boat at night.**

**That was one of their picturesque ways of describing the different functions of the sympathetic (Matett Boat) and parasympathetic (Sektet Boat) nervous systems.**

**Two fish fish, Abtu and Ant, swam before Ra's boat to warn Ra whenever any demon approached. These two fish symbolize the Ida and Pingala nadis which crisscross down the spine and meet at the third eye or Brow of Ra. They form the Ajna chakra and are elsewhere**

referred to as Uatchet and Nekebet as a Katu and Rahu. In astrology they are indicated by the Dragons' Head and Dragon's Tail or North and South Lunar Nodes.

The Ida (Nekhebet) is the nadi (meridian) of the moon and the Pingala (Uatchet is the nadi of the Sun.

So when the Eye flashes  
And the Moon becomes dark  
And the Sun and Moon are joined  
together ---... man will that day  
be informed of what he sent  
forward and what he left behind.

-- Quran 75:7 - 9, 13

The above verse refers to the effort of joining the Ida and Pingala energy at the 3rd eye. the eye flashes or strobes. the psychic effect can be a glimpse of the future or past or "what he sent forward and what he left behind."

The Letter Meem condenses all information regarding the Microcosmic Orbit and these "boats" of Ra, Horus, Nu, Ausar, et al.

Sometimes the Egyptians referred to it as Hapi or the spirit (energy) of the Nile.

In the Major Tarot Arcana the Meem is attributed to water. But it is really attributed to the great watery planet Neptune which rules the two fish Pisces.

In Hebrew Mem means water. The Tarot representative of the Meem is the Hanged Man which means "wisdom as a result of self-sacrifice." The fellow on the card actually performs the yogic headstand.

The self-sacrifice is the sacrifice/sublimation of the ego-driven sex drive or, more accurately, the male urge to ejaculate. Performance of the headstand helps control that drive and one result of sexual discipline is wisdom, i.e., the awakening of the intuitive faculty.

Although everyone has occasional intuitive flashes, the ability to use intuition scientifically requires the development and awakening of that faculty. the intuitive faculty is dependent upon the stimulation of the pineal, thalamus and hypothalamus glands. Those glands are stimulated by raising kundalini into the brain. Raising kundalini, in a potent way, into the brain depends upon sexual kung fu (discipline). Thus the Hanged Man depicts wisdom as a result of self-sacrifice.

Among other things the headstand helps conserve sexual energy by reducing the ejaculatory

urge. This sends blood and chi to the brain and its glands. the build up of force from spiritual celibacy, i.e., non ejaculation while enjoying sex, provides the necessary energy to make the Microcosmic Orbit flow occur.

This act of conserving Chi and developing the chi flow and Microcosmic Orbit is symbolized as Noah building his ark.

The Microcosmic Orbit is the main chi channel in the body. When chi flows freely through it, it is able to feed its many tributaries, thus providing needed life force to the body.

In this series on the Arabic Letter we have shown that Alif (A) depicts Geb's erect penis or the power of semen retention. Laam (L) represents kundalini moving from the lower body and looping through the perineum, up the spine. And Meem depicts the completion of the circle, the Microcosmic Orbit.

Alif Laam Meem.

That is the Record.

No doubt is in it.

It is a guide for those who observe  
the Laws of Karma [al-muttageen],  
Who believe in the Occult [al-Ghayb],  
and raise up the salaah [kundalini]  
and from what We have provided  
them [rizq-an energy] they spend  
[pass force to others via Ari Sa Aungkh].

-- Quran 2:1-2

Alif Laam Meem forms a mantra which can enable one to see the Akashic Record, i.e., the record of every past present and future thought, word and deed. This record, not the 119 chapter Quran, is the kitaab (book) the Quran calls "the Mother of the Book," "the Clear Book," that's "held on high where none but the purified can touch "and" that leaves out nothing small or great."

This Akashic Record is a guide for observers of karma (al-muttagiyn) because they can see what they did in the past and what they will be rewarded in the future.

Meem is the symbol of Leo because Leo is the sign ruled by the Sun and it is solar force ("Samson") that's circulated in the Microcosmic Orbit.

How to Perform the Microcosmic Orbit

I will give my readers a quick and easy way to perform the Microcosmic Orbit, but I urge you to read Mantak Chia's Awaken Healing Light of the Tao for details.

1. Sit on the edge of your chair, feet on the floor, right hand over your left clasped lightly on your lap. Feet should be shoulder-length apart.
2. Take 36 deep breaths, pushing the lower abdomen out on the in-breath, and pulling it in forcibly on the out-breath (bellows breathing). Place your tongue on the roof on the mouth.
3. Concentrate on the area an inch behind the navel.
4. Move your concentration to the subnavel (1/2 to 2 inches beneath the navel).
5. Move your attention to the base of the penis (men) where the penis connects with the groin. This is the sperm palace. For women the Ovarian Palace is above the pubic bone (a palm's width below the navel).
6. Move attention to the perineum (Gate of Life and Death).
7. Move attention to the coccyx.
8. Move attention to the Kidney Center (Ming Men/Door of Life).
9. Move attention to the Adrenal Center (11th thoracic vertebra).
10. Move attention to the center opposite the heart (Gua Pe or 5th thoracic vertebra):
11. Move attention to point opposite throat (7th cervical vertebra).
12. Move attention to the Jade Pillow/Small Brain Point (Yu Chen at base of skull).
13. Move attention to the crown.
14. Move attention to the Third Eye.
15. Move attention to the palate (Heavenly Pool).
16. Move attention to the throat point.
17. Move attention to the heart point (in men, midway between nipples, in women, an inch up from base of sternum).
18. Move attention to the Solar Plexus.
21. Move attention back to the naval point.

**That completes the Microcosmic Orbit.**

**You can spend as much time on each point as you choose.**

**I prefer to stay at the navel point until it awakens (the "resurrection" of Horus, Osiris, Jesus, Quetzalcoatl, et al.).**

**But sometimes the navel point is rather stubborn so I go to the next point. Usually, by the time I get to the crown point, I can feel the chi and when I get back to the navel point it's usually ready to cooperate.**

**The Chinese Yoga Manual The Secret of the Golden Flower, says "when the light circulates, the powers of the whole body arrange themselves before its throne, just as a holy King takes possession of a capital and lays down rules of order, and all approach with tribute. Therefore, you have only to make the Light circulate; that is the deepest and most wonderful secret. The Light is easy to move, and if allowed to go long enough in a circle it crystallizes itself; it is this condition of which it is said 'silently in the morning thou fliest upward.'"**

**The Taoists also teach that the mind moves and chi follows; chi moves and blood follows. The effect of chi on the blood is one of the Microcosmic Orbit's wonderful healing properties.**

**When moving the chi and attention from point to point something wonderful eventually occurs: the chi kicks in on its own and moves -- on automatic pilot - through the Microcosmic Orbit.**

**Nicholai Tesla discovered that energy moved in a circle mysteriously increases its power. Thus, moving the chi through the Microcosmic Orbit increases its power with each cycle.**

**The goal is to move it through the Microcosmic Orbit 36 times.**

**Lovers can enjoy the exquisite experience of flowing the chi through each other's circuits while coupled. It facilitates a soul merging that is quite unique.**

**In the above Egyptian drawing Amon-Ra is depicted as hawk-headed. The solar disk, surrounded by the kundalini serpent, is on his head.**

**The solar disk represents sola chi force obtained via semen retention. The serpent represents energy that loops in the Microcosmic Orbit. It is on Amon-Ra's head to indicate the higher (Shen) cultivation of the Microcosmic Orbit.**

**The serpent also shows, abstractly, both the Arabic Meem and the astrological Leo glyph.**

**The hawk is a bird of prey. The initiate, symbolized as Amon-Ra, attacks and preys upon his lower desires. Eventually, he develops clairvoyance (hawk's sight or opening of the Third Eye).**

**The initiate, by virtue of his discipline and austerities, masters out-of-body projection ("coming Forth Awake") and can "fly" like a hawk.**